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| **Physical Education: Fitness Challenges** | | |
| Objective | Activities | Resources |
| Demonstrate balance and hand-eye coordination | **Warmup Video: 5 Minute Move**  <https://www.youtube.com/watch?v=d3LPrhI0v-w>  This week for our fitness unit, we are going to be focusing on hand-eye coordination. Please complete **BOTH** exercises below.  **Activity 1**: Spoon Balance   1. Ask a parent if you may borrow a wooden spoon. 2. Find a stopwatch to use. (You can find one on any smart phone or google search “stopwatch”.) 3. You will be timing yourself to see how long you can balance a wooden spoon with two fingers. (See example on Seesaw.) 4. Once you drop or catch the spoon, you must stop the time. 5. Practice this for at least 5 minutes. Then record your best time in the black boxes on this Seesaw assignment. <http://app.seesaw.me>   **Activity 2:** Spatula Keep Up   1. Ask a parent if you may borrow a spatula. Also find a scrap piece of paper and crumble it into a ball. 2. Again, you will need a stopwatch to record your times. 3. You will time yourself hitting the paper ball with the spatula. Once the ball falls to the floor, stop the stopwatch. 4. Choose what level you will do. (See examples on Seesaw)   a. Keep the spatula on the same side for the whole game.  b. Flip the spatula over each time you hit the paper ball.   1. Record your level and best time on this Seesaw assignment. | Device with a connection to internet  Stopwatch  Wooden spoon  Spatula and paper ball |